



PRACTICE MAKES (ALMOST) PERFECT



In June, we explored using Nonviolent Communication (NVC) to clean up relationship messes. August's workshop will home in on a particular and simple way to rebuild connection within relationships: **the Do-Over**.

In this practice-focused lab we'll experiment with three kinds of **Do-Overs**:

- The Internal: imagining a different outcome
- The Role Play: revisiting the conversation in a safe space
- The Real-Life: going back and talking again

Saturday, August 10, 2019
10am-1pm

Three ways to register:
<http://bit.ly/H2HAugustWorkshop>
susanweiss@heart2heartinc.org
(856) 406-6153

About the Facilitators

River Dunavin is a Certified Trainer for the Center of Nonviolent Communication and embodies methods learned directly from Marshall Rosenberg. In addition to facilitating Heart to Heart classes in correctional facilities, he provides coaching, mediation services, and NVC trainings in New Jersey and across the country.

Dr. Terrie Lewine focuses her work on deep self-awareness, communication, and relationships. In Philadelphia, she teaches classes and workshops for individuals and couples, offers private coaching sessions, and supports organizations by developing and supporting best practices for collaboration, team-building, and effective conflict resolution.

This workshop is open to everyone regardless of prior experience. A contribution of \$40 helps Heart to Heart deliver this transformative education. However, any amount will support this important work.

Trinity United Methodist Church
36 W. Maple Ave, Merchantville, New Jersey